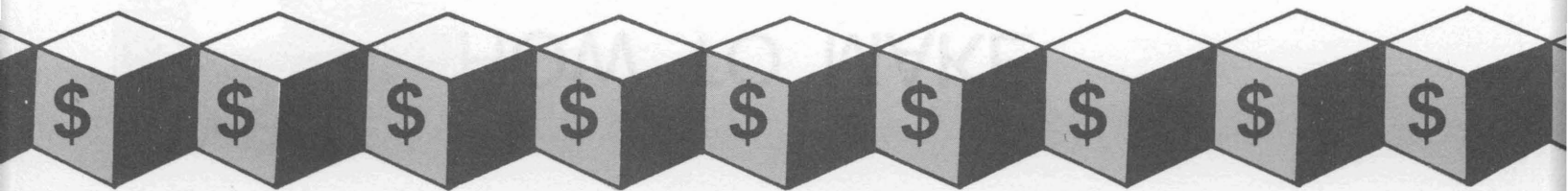


SEP 8 1975  
np  
10m

L-1377

Seniors Think About . . .

## *HATCHING THEIR NEST EGG*



# HOW TO MAKE YOUR NEST EGG LAST:

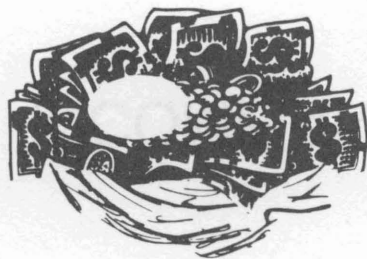
- **Make a spending plan.** List what you have to pay each month (housing costs, utilities, insurance, contributions, debts, taxes, regular savings, etc.) and expenses that change from month to month (food, upkeep, car costs, recreation, medical bills, clothing, personal spending, etc.). Decide how much money you will need to live comfortably.
- **Keep insurance policies to cover emergencies.** If you need health insurance to supplement Medicare and/or Medicaid, investigate any company by writing to Health Insurance Institute, 448 Madison Avenue, New York, New York 10021.
- **Change whole life insurance policies** no longer needed to protect dependents to an *annuity* policy. It pays you a certain amount each month for a specific number of years, or for the rest of your life.
- **Discover and develop non-money resources.** Swap your time or talent for others' services. Use community services you've paid for through taxes. Find out about reduced rates offered to seniors for transportation, food, bank accounts or property taxes.
- **Change lifelong savings into retirement income** through *savings payout* or *second income plans* offered by most banks and savings and loan companies.
- **Change Series E Savings Bonds to Series H Bonds** that pay cash dividends to you twice a year, at 4½ percent interest the first two years and 5 percent thereafter.

## A retirement nest egg

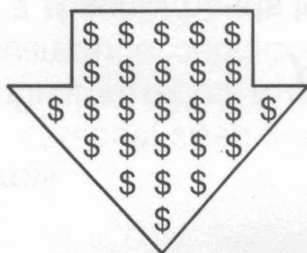
usually needs to provide enough income to meet expenses

13 years . . . for a 65-year old man

16 years . . . for a 65-year old woman

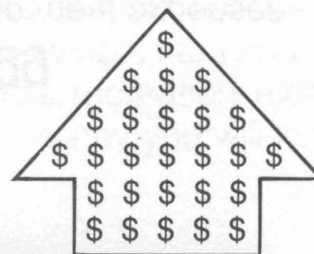


# INCOME AND EXPENSES MAY CHANGE AT RETIREMENT.



LOWER

Income  
Housing Costs  
Job related costs  
Taxes  
Clothing costs



HIGHER

Medical bills  
Insurance rates  
Travel, hobbies and  
entertainment costs



Lynn Bourland  
Extension Family Resource Management Specialist  
The Texas A&M University System

The author acknowledges contributions made by Janice Carberry, Lillian Chenoweth and Doris Myers, Extension family resource management specialists, The Texas A&M University System.



*Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic levels, race, color, sex, religion or national origin.*

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended and June 30, 1914.

10M—9-75

HM 1-5